

DECORATIVE GLASS PAINTING WITH DIANE

Come and unlock your hidden talent in our decorative glass painting classes using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for one or all 4 of these classes at the senior center with instructor Diane Cahill on Thursdays, June 1, 8 15 & 22 from 1:00 to 2:30 p.m. No painting experience is required. This is a free class. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for a permanent finish. Call the senior center at 508-543-1234 if you'd like to sign up.

Monday, May 8

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, May 9

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – "Driving Miss Daisy" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, May 10

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Christmas Tree Shop/Trader Joe's 1:00 p.m.

Colorist Club 2:00 p.m.

Dana Zaiser's Program – Touring Australia 4:30 p.m.

Thursday, May 11

Coffee Connection 8:30 a.m. to 3:30 p.m.

Art Class with Barbara 10:00 a.m.

Diabetes Prevention Program 1:00 p.m.

ArtMatters – Mother & Child Art Program for Mother's Day 1:30 p.m.

Friday, May 12

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

Senior Fitness 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

DANA ZAISER'S TRAVELOGUE

G'day mates! Dana Zaiser will be returning to the senior center at 4:30 p.m. on Wednesday, May 10th with a one hour travelogue based on his trip to Australia. How can you go wrong with a beautiful country, amazing

animals and friendly people? Visit the cities of Melbourne, Sydney, Adelaide and Cairns. Kangaroo Island off the coast of Adelaide has numerous nature preserves with Koala bears, colorful parrots, duck-billed platypus, kangaroos and more. Would you ever consider taking a hot air ride over the Outback? Or snorkel at the Great Barrier Reef? The famous Ghan Train? Come and find out what it is like to experience these wonders. Please call the senior center at 508-543-1234 to sign up and join us on these amazing travel adventures.

MOTHER & CHILD ART MATTERS PROGRAM – MOTHERS’ DAY PROGRAM

In honor of Mothers on this upcoming Mothers’ Day, the senior center will be hosting a “Mother and Child ArtMatters” program on Thursday, May 11th from 1:30 to 3:00 p.m. Join us as we begin our afternoon with some light refreshments of pastries and punch, provided by the Foxborough Rotary Club, followed at 2:00 by our ArtMatters presentation. ArtMatters is an art awareness program designed to keep us connected to the world and encourage a loving relationship with the visual arts. The bond between parents and their children is very special, very personal and yet universal. This relationship transcends language, different cultures, great distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers and their children throughout our human history. Join us for this special program sponsored by the Friends of Foxborough Seniors, as we celebrate mothers and children through art. Please call the senior center at 508-543-1234 to sign up in advance.

FRIENDS OF FOXBOROUGH SENIORS PLANT SALE

The Friends of Foxborough Seniors will be sponsoring a plant sale to be held at the Foxborough Senior Center, 75 Central Street, on Saturday, May 20th from 9:00 a.m. to 1:00 p.m. If you have any potted plants that you would like to donate for the sale, please drop them off by the shed at the back of the senior center parking lot. Extra plant pots to be used for your donations will also be available at the shed.

HISTORY LECTURE WITH PAOLO DIGREGORIO

Paolo DiGregorio, historian, archeologist, and our favorite history teacher, will be at the senior center on Thursdays, May 18th and May 25th at 2:00 p.m., and on Wednesday, May 31st at 5:00 p.m. If you’d like to join us for Paolo’s never boring and always entertaining series of historical lectures, please call the senior center at 508-543-1234 to sign up and reserve your seat. These programs are being sponsored by the Friends of Foxborough Seniors.

OPTIONS COUNSELING SERVICES

On Monday, May 15th from 12:30 p.m. to 2:30 p.m., Options Counseling Services will be available at the senior center. This program is being offered by the Executive Office of Elder Affairs through HESSCO Elder Services. Options Counselors are trained to provide information on resources, housing, long term care, referrals to advocacy groups, etc. Long term care services include medical care and support with activities of daily living, such as dressing, bathing or eating. Options Counseling is a free service, and eligible individuals include: individuals under age 60 with a disability; any individual age 60 and over; individuals in the hospital who are being discharged; individuals at home who are seeking resources to maintain their independence, and; friends or family who are exploring care options on behalf of another person. Options Counselors maintain up to date information about the array of publicly funded and privately paid options that are available. An Options Counselor will be available at the senior center on May 15th from 12:30 to 2:30 p.m. If you would like to schedule an appointment with our Options Counselor Maria Royer, please call the senior center at 508-543-1234.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, May 16th from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is “open” at the senior center on the 3rd Tuesday of each month at 1:30 p.m. Relax,

socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

MEN'S BREAKFAST

Our next Men's Breakfast will be held on Thursday, May 25th at 9:00 a.m. The guest speaker for this month will be Manny Leite, Director of the Foxborough Boyden Library. This is a great opportunity to learn more about the services offered at our public library. The cost for breakfast is \$3. Our breakfast is catered, so please call the senior center at 508-543-1234 to sign up by Friday, May 19th if you would like to attend. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

NORFOLK COUNTY REGISTER OF DEEDS OFFICE HOURS

William P. O'Donnell, Norfolk County Register of Deeds, and members of his staff will be available at the Foxborough Public Safety Building on Thursday, May 25th from 10:00 a.m. to noon to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. No advance appointment is needed. Call the Registry for further information at 781-461-6104 or visit the Registry's website on the internet at www.norfolkdeeds.org.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

CLASSIC MOVIE DAY

Classic Movie Day for the month of May is scheduled for Tuesday, May 9 at 12:30 p.m. and our featured film will be "Driving Miss Daisy." Daisy Werthan (Jessica Tandy), an elderly Jewish widow, living in Atlanta, is determined to maintain her independence. However, when she crashed her car, her son Boolie (Dan Aykroyd) arranges for her to have a chauffeur, an African-American driver named Hoke Colburn (Morgan Freeman). Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years that transcends racial prejudices and social conventions. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 24th we'll be enjoying our menu of roasted turkey and gravy, whipped potatoes, butternut squash, cranberry sauce and strawberry shortcake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, May 22nd to make your reservation and to arrange for transportation, if needed.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 18th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1234.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, May 9th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up an appointment.

REGULARLY SCHEDULED

EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Senior Fitness classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, May 17th at 1:00 p.m. Everyone is welcome to attend these informational services.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at the Horse and Carriage on Wednesday, May 31st at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Friday, May 26th. Van transportation is available, but transportation arrangements must be made by Friday the 26th.

SHOPPING

We will be going to Stop & Shop on Mondays at 1:00 and on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

May 10 – Christmas Tree Shop/Trader Joe's

May 17 - Job Lot/Dollar Store

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, May 8

Grilled Chicken 320
Apricot Sauce 39
O'Brien Potato 117
California Veggies 27
Whole wheat Bread 160
Pears 4
Sodium 667
Calories 449

Tuesday, May 9

Greek Meatballs 308
Rice Pilaf 134
Roman Blend Vegetables 26
Dinner roll 160
Mixed Fruit 10
Sodium 638
Calories 489

Wednesday, May 10

French Meat Pie 283
With Gravy 110
Mashed Potatoes 62
Country Blend Vegetables 32
Whole Wheat Bread 160
Apple 2
Sodium 649
Calories 843

Thursday, May 11

Mother's Day
Roast Pork/Gravy 192
Lyonnais Potato 112
Brussel Sprouts 12
Multigrain Bread 190
Strawberry Shortcake 126
Sodium 622
Calories 671

Friday, May 12

Chicken a la King 183
Egg Noodles 35
Spring Blend Vegetables 57
Rye bread 100
Peaches 10
Sodium 385
Calories 544